



## **AMERICAN RED CROSS LIFEGUARD TRAINING PROGRAM**

Save lives and earn money this summer. The RPOS Aquatic Division is training and certifying lifeguards to protect local pools and beaches. Lifeguard candidates will be trained to prevent and respond to emergencies and around the water. Upon successful completion of this course, students will receive American Red Cross certifications (two year) in Lifeguard Training, First Aid, Emergency Oxygen, Preventing Disease Transmission (Bloodborne Pathogens) and CPR/AED for the Professional Rescuer.

### **Course Pre-requisites Include:**

Minimum Age: 15 years old by the last class meeting.

Participants must successfully complete the pre-course swimming test.

1. 300 continuous swim
2. 10 minute tread in deep water (hands only)
3. 20 yard swim, 10LB brick retrieval (7 feet) and brick tow 20 yards

Pre-course swimming tests are conducted weekly at each indoor pool throughout the year. Contact the pool where you are enrolled for pretest dates and times.

**Course Fees:** \$95 – Norfolk Residents and \$105 Non-Residents  
(course fee does NOT include course materials)

**Course materials:** Students must purchase class supplies by the first class meeting. Prior to the course start date, contact the pool where you are enrolled for class supply information.

### **March Class – Northside Pool**

- Tuesdays (5-8:30pm), Thursdays (5-8:30pm) and Saturdays (10am-3pm)

### **April Class – NFWC Pool**

- Mondays (5-8:30pm), Wednesdays (5-8:30pm) and Saturdays (10am-3pm)

### **May Class – Huntersville Pool**

- Mondays (5-8:30pm), Fridays (5-8:30pm) and Saturdays (10am-3pm)

### **June Class – Northside Pool**

- Tuesdays (5-8:30pm), Thursdays (5-8:30pm) and Saturdays (10am-3pm)

### **July Class – NFWC Pool**

- Mondays (5-8:30pm), Wednesdays (5-8:30pm) and Saturdays (10am-3pm)

### **August Class – Huntersville Pool**

- Mondays (5-8:30pm), Fridays (5-8:30pm) and Saturdays (10am-3pm)

### **Huntersville Swimming Pool**

830 Goff Street  
Norfolk, 23504  
(757) 664-7431

### **NFWC Swimming Pool**

Norfolk Fitness and Wellness Center  
730 Newport Avenue  
Norfolk, 23505  
(757) 823-4306

### **Northside Swimming Pool**

8401 Tidewater Drive  
Norfolk, 23518  
(757) 441-1760

***The American Red Cross Lifeguard Training class will help you prepare now for the best summer job you will ever have.***